

Ongoing Weekly Programs – March 2020

Monday 8:30 am-6:00 pm	Tuesday 8:30 am-4:00 pm	Wednesday 8:30 am-4:00 pm	Thursday 8:30 am-4:00 pm	Friday 8:30 am-1:30 pm
9:00 am-5:45 pm Billiards	9:00 am-3:45 pm Billiards	9:00 am-1:30 pm Billiards	9:00 am – 2:00 pm AARP Tax Aide*	9:00 am-10:00 am Gentle Yoga (\$)
9:00 am-1:00 pm Ellington Chess Mates	9:00 am – 9:45 am Men's Fitness(\$*+)Begins 3/17	9:30 am-11:30 am Cut-Ups Carving Club	9:00 am-3:45 pm Billiards	9:00 am-12:30 pm Wii Bowling
10:00 am-12:00 pm Canasta	9:15 am-11:30 am Bridge	10:00 am-11:30 am Ellington Singers (\$,*)	9:00 am – 9:45 am Men's Fitness(\$*+)Begins 3/19	9:00 am-1:15 pm Billiards
1:00pm – 3:00pm Needlecrafts	10:00 am-10:45 am Chair Exercise (\$)	11:00 am – 12:30 pm Maple Street Kitchen (\$)	9:30 am-11:45 am Sew & So Crafters	10:30 am-11:15 am Chair Yoga (\$)
1:15 pm-3:30 pm Board Games	11:00 am-11:45 am Simple Circuit Fitness (\$)	1:00 pm-2:00 pm Ladder Ball & Cornhole	10:00 am-10:45 am Chair Exercise (\$)	5:00 pm-8:00 pm Billiards
2:00 pm-2:45 pm Tai Chi for Arthritis (\$)	11:00 am – 12:30 pm Maple Street Kitchen (\$)	2:00 pm-3:30 pm Shuffleboard	11:00 am-11:45 am Simple Circuit Fitness (\$)	
3:00 pm-3:30 pm Meditation	12:00 pm-1:30 pm Hand Massages*		5:30 pm – 6:30 pm CrosSculpting (\$)	
3:30 pm – 4:45 pm Easy Line Dancing	1:00 pm-3:30 pm Dominoes		We offer rides to Big Y and Stop & Shop on Fridays. Contact Transportation for more info: 860-870-3137. *Limited space. See inside for details. \$ Fee, + See Health, Wellness & Fitness Page for schedule Schedule is subject to change.	
	5:30 pm – 6:30 pm CrosSculpting (\$)			
	6:00 pm-8:30 pm Setback			

OUR VOLUNTEER PROGRAM LEADERS

Thanks to our “Volunteer Program Leaders” (VPLs), we are able to offer many programs at little or no cost. If you have any questions on a specific program, please feel free to stop in during the scheduled program time to speak with them, or visit our website: <http://seniorcenter.ellington-ct.gov>

Board Games: Janet Sosnicki, Toni Finkle
 Bridge: Riffat Zulfiquar
 Canasta: Kathi Peterson
 Card Making: Kay Luginbuhl
 Cornhole/Ladderball: Janet Sosnicki
 Cut Ups Carving Club: Randy Russo, Ed Ertel
 Dominoes: Dave and Mary MacDaid
 Easy Line Dancing: Amelia Kurpat
 Ellington Chess Mates: Alex Cardoni

Ellington Singers: Mary Regan, Maureen Webber
 Garden Thyme: Janice Chaplin, Leslie Suitor
 Hand Massages: Kay Luginbuhl
 Needle Crafts: Carolyn Feldman
 Setback: Dave Lehmann, Claudia Pirtel
 Sew & So Crafters: Judy Varney
 Shuffleboard: Shirley Pina rd
 Wii Bowling: Dennis Varney, Larry
 Peterson

Ellington Senior Center Special Events MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	1pm TED Talk	9am-3pm Podiatry Clinic (\$,**) 1pm Guy Talk with Dr. Sabino**	9am-1pm AARP Tax Aide** St. Patty's Sign up Deadline	
9	10	11	12	13
NO Tai Chi NO Meditation Sign up deadline for Acrylics & Canvas	12:30pm – 2:00 pm Ask the Nurse 1pm TED Talk	1pm-3pm Acrylics & Canvas(\$**)	9am-1pm AARP Tax Aide** 12pm St. Patty's Day Celebration (\$**)	
16	17	18	19	20
	9am Men's Fitness Trial** 1pm TED Talk	1pm History for Fun: Katharine Hepburn**	9am-1pm AARP Tax ** 9am Men's Fitness Begins 1pm Creative Writing 1pm Volunteers Meeting	
23	24	25	26	27
NO Tai Chi NO Meditation		10am-1pm Human Services Office Hours with Rebecca	9am-1pm AARP Tax Aide**	NO Yoga NO Chair Yoga
30	31			
	NO Chair/NO Simple Circuit/NO CrosSculpting 1pm Cannabis 101 **			** Please sign up in advance for these programs. \$ Payment required